

Not to burden others: The main ambition of diabetic women

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Abstract

Introduction: Man is a creature with multiple aspirations. These expectations are different in diseases. The purpose of this qualitative study is to find the most important dreams of diabetic women.

Methods: Hermeneutic phenomenology based on Van Manen's approach was used. Nineteen women with Diabetes referred to the diabetes center of Imam Khomeini hospital in Ardabil, were recruited using purposive sampling method. Semi-structured interviews were used for data gathering. Each interview was transcribed verbatim and analyzed simultaneously.

Results: Most of the participants, No need for others knew the important principle in health and the most important desires of their life. Financial Independence, Maintain a normal life and Do things independently were the subthemes of this theme.

Conclusion: Since the most diabetics women were likely to independence in life, so it is necessary self-care activities to be taught for these patients so patients can do their work without the help of others.

Keywords: health, independence, diabetes, Phenomenology, women.